



**Nebraska
Orthopaedic**

Physical Therapy, P.C.

Your Health, Your Choice, Our Priority

NEBRASKA ORTHOPAEDIC NEWSLETTER Sept. 2020



RECOVER QUICKLY FROM A ROTATOR CUFF INJURY

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Nebraska Orthopaedic Newsletter



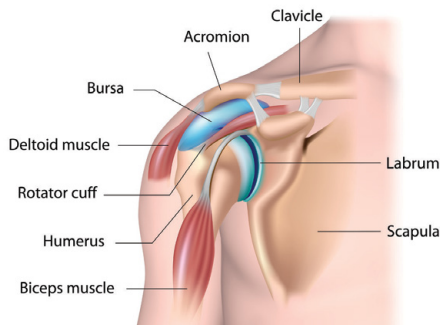
RECOVER QUICKLY FROM A ROTATOR CUFF INJURY

Your rotator cuff is comprised of the muscles and tendons surrounding your shoulder joint. Sometimes, the rotator cuff can become torn or injured, due to repetitive overhead motions performed in sports (such as tennis) or jobs (such as carpentry.)

Athletes are also at risk of developing a rotator cuff injury if they participate in rigorous activities, such as weightlifting, swimming, or tennis.

The active movements associated with sports and laborious work are undoubtedly important factors to keep in mind; however, passive movements can also be contributing factors to an injury. Continuous poor posture and improper positioning of the shoulders can make your scapula, or shoulder blade, much more vulnerable to pain and rotator cuff injuries.

Those who experience rotator cuff injuries or “torn shoulders” generally report a dull ache deep in their shoulder, arm weakness, difficulty reaching behind their back, and disturbed sleep due to pain.



How Can Physical Therapy Help a Rotator Cuff Injury?

At Nebraska OPT, our natural and non-invasive methods can help relieve your shoulder pain and heal your rotator cuff injury.

How can physical therapy help a rotator cuff injury?

While rotator cuff injuries sometimes require surgery if they are severe enough, there are several cases where physical therapy treatments can work just as well (if not better) than surgery.

According to the American Physical Therapy Association, "A recent study from Finland asserts that when it comes to the treatment of nontraumatic rotator cuff tears, physical therapy alone produces results equal to those produced by arthroscopic surgery and open surgical repair." In this same study, a follow-up on 167 patients receiving physical therapy alone for their rotator cuff injuries, demonstrated that conservative treatment, such as physical therapy, should be considered as the primary treatment for this condition.

How do I know if physical therapy is needed?

It is natural to experience an occasional ache or pain from overexertion. However, it is when the pain becomes chronic or unbearable that the condition becomes serious. Chronic pain, or pain persisting for three months or longer, is an indication that PT intervention is needed. There are some additional symptoms to consider that may also be telling signs that treatment is needed, such as:

Sharp or stinging pains.

- **Uncomfortable "clicking" sounds with movement.**
- **Dull pain that runs alongside your arm.**
- **Sudden arm weakness.**

If you notice any of these symptoms, it is important to contact a physical therapist for treatment.

How can I begin treatments?

At Nebraska OPT, we will conduct a physical evaluation and diagnostic tests to determine if you do indeed have a rotator cuff tear, and we will design a personalized treatment plan based on the needs of your diagnosis. Specialized techniques, such as ice and heat therapies, manual therapies, or ultrasound may be used to relieve pain, reduce swelling, and enhance function. Gentle stretches and exercises may also be prescribed to improve your posture and the range of motion of your shoulder.

If you are suffering from a rotator cuff injury, contact us today. Our dedicated physical therapists will provide you with some much-needed relief and get you started on your path toward recovery!

4 Food Choices to Help Ease Arthritis Pain

PROTECTING YOUR SHOULDERS FROM INJURY

Injury Causes

Many shoulder injuries result from tasks requiring heavy lifting or repetitive reaching motions. Along with manual labor jobs, work around the house such as cleaning gutters or hanging up wet clothes are common culprits.

In addition, athletic pursuits like weightlifting, swimming, and tennis can unfortunately lead to shoulder injuries. Along with these activities, passive movements can also be a problem.

If you have continuous poor posture, the improper positioning of your shoulders can make you extra vulnerable to the scapula (shoulder blade) and rotator cuff injuries.

Know the Warning Signs

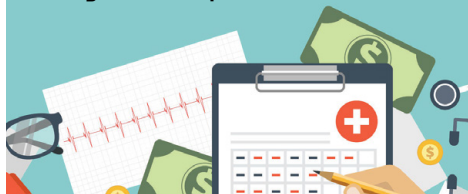
All of us experience occasional aches and pains from doing too much, which does not necessarily mean a chronic problem is emerging. However, when those pains don't go away, or when the uncomfortable feelings have certain characteristics, it's important not to ignore them, and seek help.

If you keep experiencing shoulder clicking or "popping," for example, you may have a ligament tear in your shoulder area. Sharp pain should also be checked out with your physical therapist, as this means the shoulder joint is not moving in good alignment.

Have you met your annual insurance deductible?

Don't wait until it is too late!

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains?



Patient Spotlight



"I'm walking upright for the first time in years!"

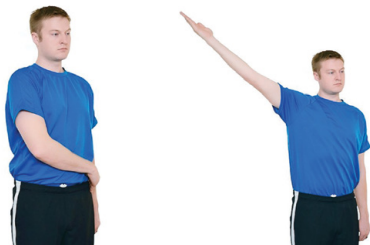
Suffering from chronic back pain has been a "normal" part of my life for the past 2 years. I had gone to a chiropractor, and had injections with no relief. My doctor recommended that I try physical therapy before taking the next step of possibly needing surgery. I was skeptical as to if therapy would make a difference, but at this point I was willing to try anything to relieve the pain. I saw a noticeable difference by my 3rd visit as I was walking upright for the first time in years. Strengthening my core and doing exercises to keep my hips aligned relieved my back pain completely! - Robert

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Exercise Essentials

SHOULDER D2 PATTERN

Stand with good posture. Start with your arm across your body with your hand rotated in, thumb pointed down. Bring your arm up and across your body diagonally. As you do, rotate your hand outward. Finish with your hand above your head and out to the side. Repeat 3 times.



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Fun & Games: Sudoku

			3	9				
7			5	8				
	3		2		6	4		
		5		2				
9	8		4			6	2	
			8		3			
7	1		3			8		
			2	6				7
	4	1						

To find the solutions to this puzzle, flash this code with your mobile phone.



Gluten-Free Pumpkin Cookies



INGREDIENTS

- 1 ripe banana, mashed
- 1/2 cup pumpkin puree
- 2 large eggs
- 1/2 cup peanut butter
- 3 tbsp coconut oil, melted
- 2 tsp vanilla extract
- 3 tbsp maple syrup
- 1 1/2 cups gluten-free rolled oats
- 1/2 cup oat flour, ground
- 1/2 cup almond meal
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/8 tsp salt
- 2 tsp Vietnamese Cinnamon (5% Oil)
- 1/4 tsp Frontier allspice
- 1/4 cup mini chocolate chips
- 1/2 cup dried cranberries and cherries

DIRECTIONS

Preheat oven to 350°F. Grease or line a baking sheet with parchment paper or a silicone baking mat. Set aside. In a mixing bowl stir together mashed banana, pumpkin, eggs, peanut butter, coconut oil, vanilla and maple syrup until well combined. Add in oats, oat flour, almond meal, baking powder, baking soda, salt, Vietnamese cinnamon, allspice, chocolate chips and dried fruit; stir to combine. Refrigerate for 5 minutes to harden. Drop cookies by spoonfuls on prepared baking sheet. They won't expand much, so feel free to press them down slightly, and make them as uniform as possible to ensure even baking. Bake for about 12 minutes until lightly browned.